

FOOT CARE

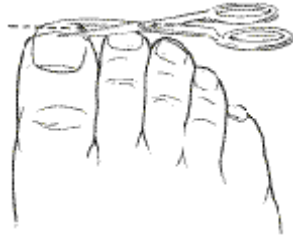
Arizona Department of Corrections
Health Service Bureau

Inmate Wellness Program
HEP 1029- 01/06

Basic Foot Care

Most foot problems arise from taking improper care of your feet. With just a little extra attention, you can prevent and cure foot disease.

- Always wash feet with warm, soapy water
- Dry thoroughly (especially between toes!)
- Trim your nails regularly straight across



Here are some common foot problems and solutions. Most of these do not require any special treatment, however with excessive pain or if the symptoms worsen, fill out an H.N.R.! Contact the clothing/property room officer if your state issued boots do not fit properly and refer to the Inmate store list for foot and/or toe pads.

Bunion

A bunion is a painful bony bump along the outside of the big toe. Redness, swelling or pain just behind the big toe is common. Usually bunions come from narrow-toed shoes or an injury, so pads to cushion and protect the feet will help.

Corns

A corn is a large thickening of skin on the surface. They usually form on the toes, and can swell and cause some pain if ignored.

They are most often caused by shoes that do not fit properly.

Ingrown toenails

Ingrown toenails are caused by the toenail growing into the skin. This condition may cause pain, there may be drainage of watery discharge, and wearing shoes may be uncomfortable. The usual causes are improper trimming of toenails, tight-fitting shoes, toenail deformity or injury.

Heel pain

Heel pain is the most common foot problem seen. One of the best ways to treat this pain is through stretching the foot (flexing foot up and down) and gently massaging it yourself.

Warts

These are raised bumps on the bottom of the foot. Warts are caused by a virus that may be caught by walking on the damp floor of showers or bathrooms. A good way to prevent these is to wear your shower shoes. The body's immune system will usually treat this disorder, so **leave it alone** if it doesn't hurt!

Athlete's Foot

This foot disease is caused by a fungus. It prefers to grow in dark, damp, warm places and is usually found between toes. The skin will be itchy, and you may feel a burning pain. An anti-fungus cream is available thru the inmate store.

